

ONLINE PORTAL

CREATIVE TASK 3

WATCHING TASK

Items needed for this task:

- Pen
- Paper
- Window with a view

Step One – Observation

Find yourself a window that looks out from your house. Observe what happens outside your window for 5 minutes. Write down what you see and hear.

For example:

- *Car driving Past*
- *A person walking or jogging*
- *Seeing an animal*
- *Tree blowing in the wind*
- *Doors opening or closing*
- *Bird Tweeting*
- *Neighbour's music playing*
- *People talking*

Step Two – List and get creative

Next, highlight or star your favourite moments from your time observing and think about how you could bring them to life through movement.

For example - If I observed a car driving past, I might bring this to life by:

- *Creating a movement that travels from right to left.*
- *Creating a movement inspired by the motion of the wheels.*
- *Creating a movement inspired by the speed of the car (slow, fast)*

Try and create 5 different movements based on the actions you had on your list.

Step Three – Have Fun and Play

Once you have created your 5 different movements, it is now time to put them together.

Think about creating an easy link between each of your 5 moves.

Step Four – Perform and Share

Put on some music and share your “Watching Task” with somebody in the house. Get them to record it and send it to us at Ascension Dance. We would love to see what you come up with.

